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**Depression and Bipolar
Support Alliance**

We've Been There. We Can Help.



Beyond Stabilization

Matt Mattson, M.S. ■ Director, Training ■ DBSA



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DBSA is...

- 5+ million/year people request & receive help
- 1,000+ peer-run support groups across America
- 3,000+/month personally answered calls
- 1+ million patient centered, recovery oriented, educational brochures distributed each year
- DBSA's message of hope help and support was placed in the media a mind boggling 1,603,598,454 times
- ...built on strong **Patient/Provider Partnerships**

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Peer Support

“A DBSA Support group was the first place I turned to find shelter from the storm.”

-Larry Fricks





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Recovery

From Serious Mental Illness

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Recovery is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness." (Anthony)

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Recovery is a process, a way of life, an attitude, and a way of approaching the day's challenges.

It is not a perfectly linear process. At times our course is erratic and we falter, slide back, regroup and start again . . . The need is to meet the challenge of the disability and to re-establish a new and valued sense of integrity and purpose within and beyond the limits of the disability; the aspiration is to live, work, and love in a community in which one makes a significant contribution. (**Deegan, P. E.**)

Recovery refers to the process in which people (with a mental illness) are able to live, work, learn and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms.

-The President's New Freedom Commission

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Mental health recovery is a journey of healing and transformation for a person with a mental illness to be able to live a meaningful life in the communities of his or her choice while striving to achieve full human potential or "personhood."

-SAMHSA



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SAMHSA's 10 Components

- **Self Direction**
- **Person-Centered**
- **Empowerment**
- **Holistic**
- **Non Linear**
- **Strengths-Based**
- **Peer Support**
- **Respect**
- **Responsibility**
- **Hope**

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**A
meaningful
life in the
community**





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Impact of Illness
Safety

Actions for Change
Celebration

Life is Limited
Hope

Challenging
Empowerment

Questioning
Support

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THE STATE OF **DEPRESSION** IN AMERICA





Impact of Diagnosis on Self-Image

- “I am a bipolar/depressive/schizophrenic”
- People caring for us, not about us
- Separate Bathrooms
- Fear of talking about our illness
- Lost Families, Lost Jobs, Lost Homes
- Not a “casserole” illness
- What’s me, what’s my Diagnosis, what’s my medicine?



“We were all huddled around my sister's bed in the hospital. Her doctor pulled my father aside and told him that most frequently people with bipolar II disorder end up killing themselves. I watched my family as one by one my father took each person aside and solemnly told them this news. I watched as the hope they were holding onto so tightly was extinguished from their faces. I watched my sister too, and though nobody said a word about what the doctor had said, I could literally see the fight go out of her in that short half hour of time. Being the good and obedient daughter she had always been, she killed herself a few weeks later.”

(E-mail to DBSA)



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DBSA Surveys

Views on the Mental Health Care System

- **Conducted over the last five years**
- **Over 1,000 respondents to each survey**



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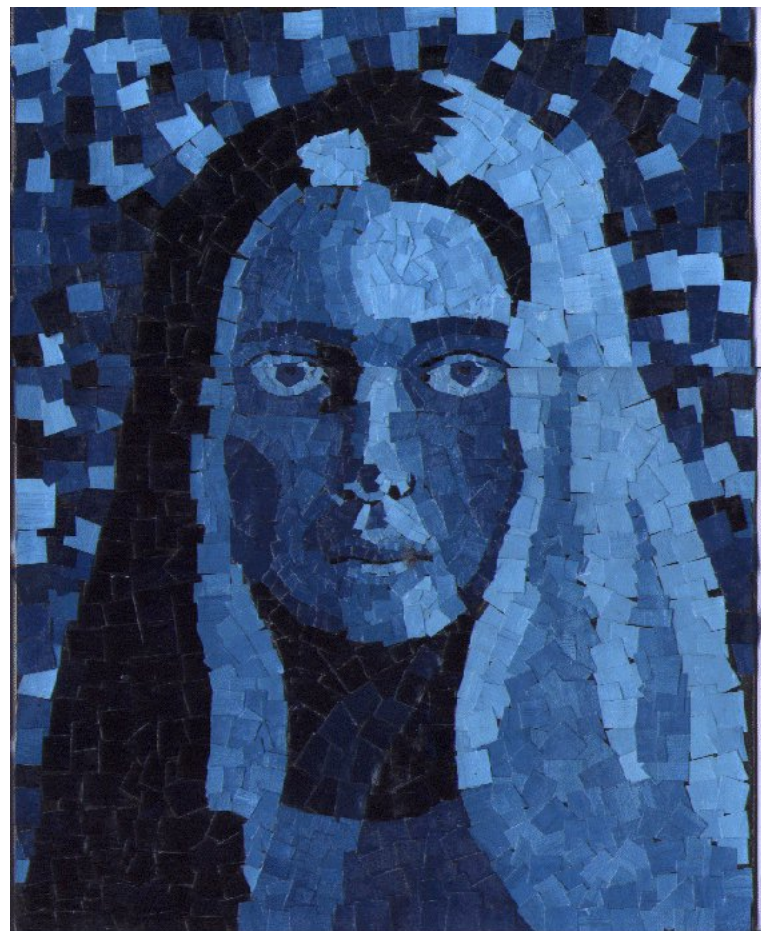
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***“I want caring, helpful,
providers. I want a system
that is about ME, and that is
committed to helping me get
my life back. That’s all I
really care about... getting
my life back.”***

- Survey respondent





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I want the health care system to:

Listen to me instead of telling me what I need (91%)

Treatment that looks at my whole life (83%)

Build on my strengths instead of focusing on my illness (75%)

Give me hope (74%)

Let me make decisions about my treatment and care (73%)

I Wish my Provider Would....

Provide tangible things to do between appointments (63%)

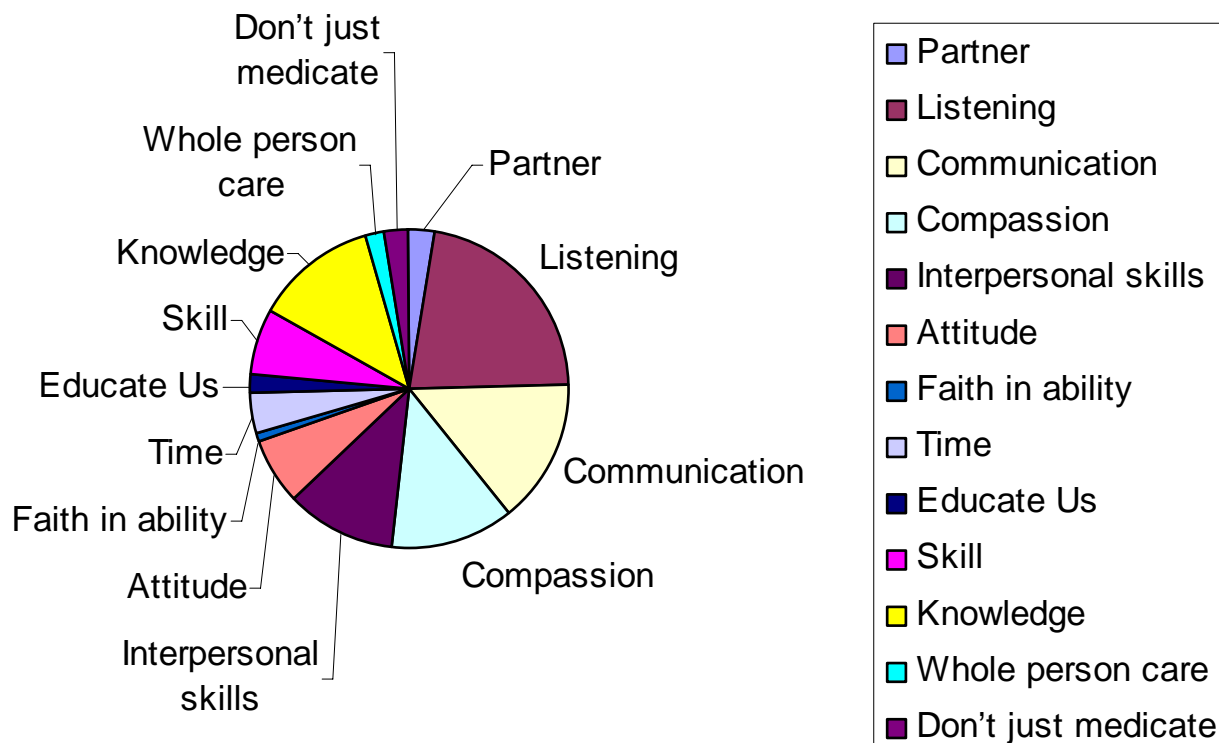
Help me create a plan for my life with specific goals (60%)

Talk about my whole life, not just medication (54%)

Give me information about my illness (51%)

Provide choices instead of telling me what to do (49%)

Treat me like an individual, not a case (48%)



We asked consumers:
What competencies should psychiatrists have?



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People living with mood disorders tell us...

1. Give me hope for recovery
2. Listen carefully for what is important to me
3. Treat me like a person
4. Look at my whole life and build on my strengths – don't focus on my deficiencies
5. Give me information I can use
6. Empower me to take more responsibility for my wellness

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Foundational Building Blocks of Recovery



Goal:

Reduction of Symptoms

Meaningful Life

Approach:



- Treat the problem
- Adjust based on efficacy of treatment
- Adjust lifestyle to lessen symptoms
- Belief in stability



- Treat the person
- Adjust based on impact on life goals
- Adjust treatment to impact lifestyle
- Belief in recovery

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"Recovery requires the **right atmosphere or organizational climate in your mental health organization** one that is sensitive to consumers, and values independence of the individual. It allows consumers to risk, to fail. It holds that every consumer has a right to the same pleasures, passions, and pursuits of happiness that we have. It looks at potential, not deficits" **(Weaver)**

Negative Messages

True / False?

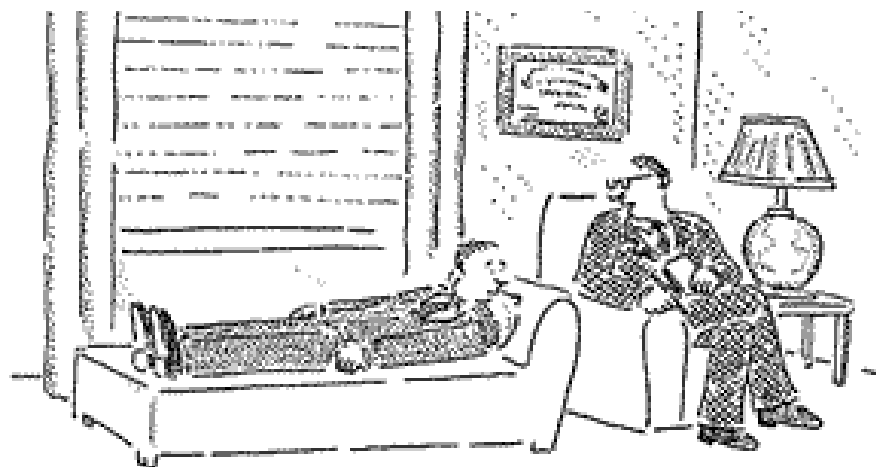
**Often the absence of negative
messages is more powerful than
the presence of positive
messages.**

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MARKER

"O.K. What part of 'malignant regression and pathogenic reintrojection as a defense against psychic decompensation' don't you understand?"

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The 7 Dirty Words

1. Compliant
2. Failed the Treatment
3. “The bipolar”
4. The Treatment Team
5. Resistant to Treatment
6. Minimal Side-Effect Profile
7. Front Line Staff in The Trenches

- Compliant
- Failed the Treatment
- “The bipolar”
- Treatment Resistant
- Minimal Side-Effect Profile
- Chronic
- Crisis
- High/Low Functioning
- My Client
- The mentally ill
- Decompensate



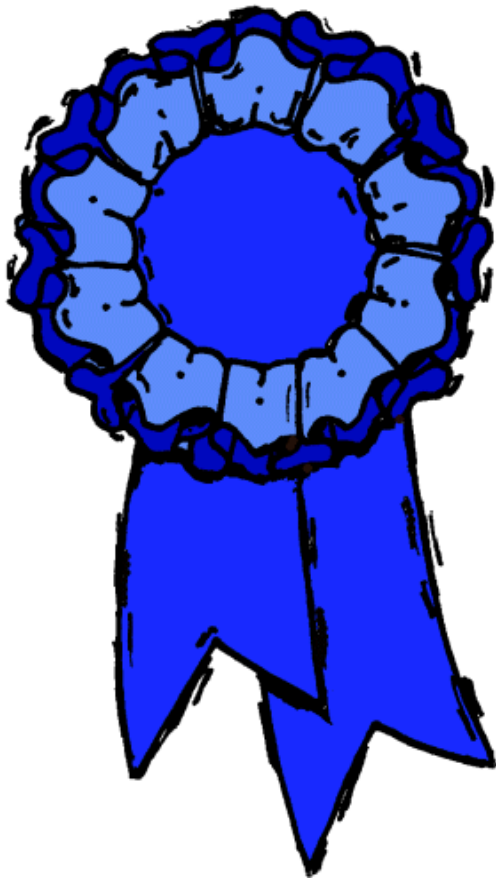
Adhering to OUR plan
Treatment failed me
Person
Considering other options
Major, real-life obstacles
In recovery
Intense experiences
Having a good/bad day
Person I work with
People
Having a bad day



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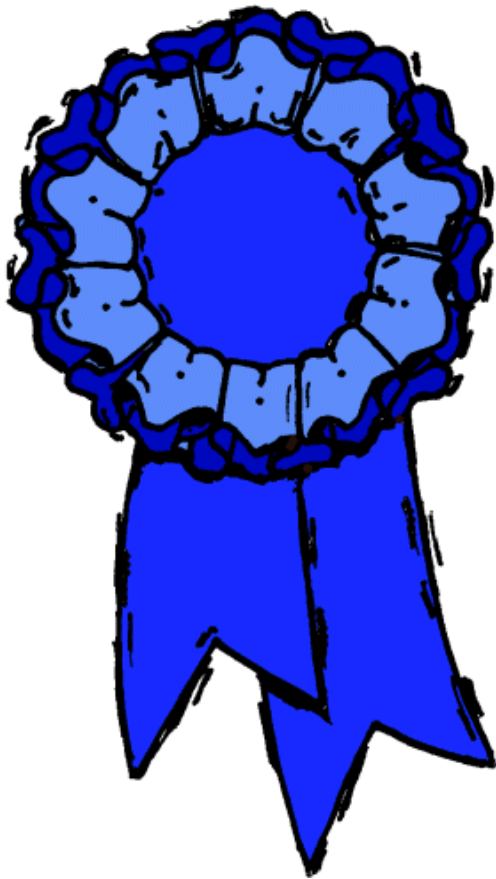
Consumer- Celebrated Clinician



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Clinician-Celebrated Consumer / Family Member



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Your Opportunity is NOWHERE



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Thank You

Depression and Bipolar Support Alliance
(800) 826-3632

Training@DBSAlliance.org

www.DBSAlliance.org